

# ***THE SENIOR SCENE***



**Programs and Activities for Older Adults**  
**Programas y Actividades para Adultos Mayores**



offered by:  
**Division of Senior Services**



# **CITY OF SANTA FE, DIVISION OF SENIOR SERVICES**

**Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501**

The City of Santa Fe Division of Senior Services offers a variety of programs and services at five senior centers throughout Santa Fe. If you are age 60 or over, we invite you to utilize our facilities and participate in the various programs and activities that are available, most of which are free (some do request a small donation). Read through the activities section for more information about ongoing and current activities. These facilities and services are here for you – we encourage you to stop by and use them, and we look forward to meeting you!

The Senior Scene newsletter is a free monthly publication designed to help you navigate our services and learn about upcoming events. You will find sections on community news, senior center activities and menus, volunteer programs, 50+ Senior Olympics, health, safety, legal and consumer issues, as well as word puzzles to sharpen the mind.

The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies. It is also available online at [www.santafenm.gov](http://www.santafenm.gov), simply type "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter." You may also find it on the Retired Senior Volunteer Program (RSVP) website at [www.rsvpsantafe.org](http://www.rsvpsantafe.org).

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M.E.G. Center, Ventana de Vida Center

Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

## **In Home Support Services: Respite Care, Homemaker, Non-Medical Personal Care**

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Katie Ortiz, Clerk Typist 955-4746

## **Foster Grandparent/Senior Companion Program**

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Daniel Mitchell, Special Projects Admin. 955-4744

## **Retired Senior Volunteer Program (RSVP)**

Triston Lovato, RSVP Administrator 955-4760

Marisa Romero, Administrative Secretary 955-4743

FAX Machine - RSVP Office 955-4765

## **50+ Senior Olympics**

Cristina Villa, Program Coordinator 955-4725

## **Miscellaneous**

Lobby Area 955-4735

Craft Room 955-4736

Pool (Billiard) Room 955-4737

## **Other Important Numbers**

Santa Fe Civic Housing Authority 988-2859

Santa Fe County Information 992-3069

Santa Fe County Mobile Health Van 231-2382

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 Christmas Blessings!  
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# **SENIOR SERVICES PROGRAM INFORMATION**

12/2015

## **SENIOR SERVICES REGISTRATION**

Anyone age 60 or over who participates at any of our centers, uses the Division Transportation, or other services is asked to register with our program. We can secure program funding each time a registered senior prints his/her name on our various sign-in sheets e.g. meals, fitness activities, etc.

Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 am to 4:30 pm. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number. Staff will provide you with a photo membership card for \$2. We will notify you when you should come in to renew/update your registration. Please note that cards are not official identification.

### ***Eligibility for Senior Services Registration***

Per the Older Americans Act participants must be at least 60 years of age; or be the legal spouse of a member 60 or over, residing at the same address; or for meals only, be disabled (regardless of age) and living at Luisa, Pasatiempo, or Villa Consuelo senior housing.

For more information, contact Brenda Ortiz at 955-4722.

Email [bmortiz@santafenm.gov](mailto:bmortiz@santafenm.gov).

## **SENIOR TRANSPORTATION INFORMATION**

To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**  
Ride reservations can be made up to five business days in advance.  
When scheduling a ride, please specify if you require a wheelchair lift van.  
To avoid delays in service, call immediately if you need to cancel a scheduled ride.

Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip).  
You may purchase a 25-ride ticket for \$10.00 from the Transportation Office.

Schedule: **Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday.**  
**On the first Tuesday of every month, last call for pick up will be 2:45 p.m.**  
Rides to medical appointments are given priority over all other rides.  
Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00 p.m.  
(Be seated in lobby or patio chairs.)

Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick-up time. Closed December 25<sup>th</sup> and January 1<sup>st</sup>.**

SF County: For rides outside city limits but within Santa Fe County, call 992-3069.

SF Ride: For weekend and evening transportation, call 473-4444.

## In Remembrance



**James Sanchez**, 83, a resident of La Puebla, passed away from a short illness on Saturday, October 17, 2015. James served in the National Guard, Army and Air Force. He worked many years as a security officer at Los Alamos National Labs. He loved hunting, fishing, and wood carving. He taught wood carving classes for many years at

the Mary Esther Gonzales, Pasatiempo, and Villa Consuelo Senior Centers. He is definitely going to be missed at our centers. He was known as "Master Carver" and loved attending Art shows. James is survived by his wife Amy Sanchez, sons, Michael Sanchez and his wife Judy, Steven Sanchez; his sister, Isabel Shaffer and his brother, Frank Sanchez; grandkids, Chris and Mariah Sanchez; and numerous nieces, nephews, relatives and friends.

The Sanchez family held a small memorial during the November 5th wood carving class at the MEG Senior Center. (Pictured below left to right: Michael Sanchez, Amy Sanchez and Steve Sanchez).



## In Remembrance



**Micaela Amato**, 94, a resident of Santa Fe passed away Saturday, October 24, 2015. Born Aida Dora Bayardo on April 13, 1921 in San Francisco, CA, she married her first husband, Leonard Thompson in 1940 and was widowed in 1944. Micaela married her last husband, Santo Amato in 1961 and was widowed in 2001. Her early career was

in jewelry sales. In later years she worked as a bank officer until retirement. Micaela moved to Santa Fe in 2006 to be near her daughter. She is preceded in death by her parents Juventina and Francisco Bayardo as well as her brother Radames Bayardo. She is survived by her daughter Judy Thompson Kares and son-in-law Robert Kares of Santa Fe, granddaughter Susan Alpert, grandson Kevin Alpert and his wife Madalina Alpert and two great-grandsons Jeremy and Brian Alpert. Micaela regularly played Bingo at the MEG Senior Center; she will be greatly missed by all who knew her.



## Thanks to Tina De La Luz

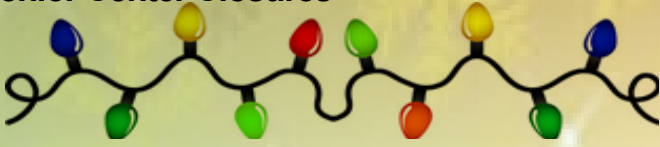
Tina De La Luz, Alzheimer's Association Northeast Regional Manager, led an informative and wonderful presentation for caregivers and staff at the MEG Senior Center on Friday, November 6. Thank you so much Tina for sharing your expertise with us! Also, thank you to Dale Lipp of Santa Fe Care Center, Leslie Van Pelt of Comfort Keepers, Stacy Fischer of Kingston Residence, the Montecito Retirement Community and Pacifica Senior Living for donating door prizes for our valued family caregivers.



## NEWS & VIEWS

12/2015

### Senior Center Closures



**Friday, December 25, 2015** – All City of Santa Fe Senior Centers will be closed for Christmas Day. Centers will reopen on Monday, December 28.

**Friday, January 1, 2016** – All City of Santa Fe Senior Centers will be closed for New Year's Day. Centers will reopen on Monday, January 4.

# Diabetes<sup>®</sup>

## SELF-MANAGEMENT

**Put Life Back in Your Life – Manage your Chronic Disease (MyCD) Program**

Participate in this free six-week diabetes self-management workshop held Mondays from 12:30 to 3 p.m. at the Mary Esther Gonzales Senior Center (1121 Alto Street). Activities include: low fat meal planning, introduction to physical activity, dealing with stress and difficult emotions, muscle relaxation, how to read nutrition labels, medication usage and much more. Spaces are limited so sign up today! Call or email Janet Copeland at (505) 913-3179 or [janet.copeland@stvin.org](mailto:janet.copeland@stvin.org).

### Alzheimer's Savvy Caregiver Program

The Alzheimer's Association is offering professional-level dementia care training for the non-professional caregiver, including best practices for dealing with behaviors and communication as well as connecting you with available resources. The free seven-week course meets once a week for two hours from November 19, 2015 through January 7, 2016 at the Alzheimer's Association office (811 St. Michael's Drive). If you would like to attend and need someone to remain with your loved one during that time, the Alzheimer's Association can help! For more information or to register, please call Tina De La Luz at (505) 473-1297 or email [tdelaluz@alz.org](mailto:tdelaluz@alz.org).

### Free Arthritis Self-Management Class

Get the knowledge, confidence and skills needed to

## Arthritis<sup>®</sup>

### SELF-MANAGEMENT

take a more active part in managing your life with arthritis or fibromyalgia. Topics include: self-management principles and problem solving; pain, relaxation and stress management; exercise and body mechanics; healthy eating; energy conservation; working with health care providers; and evaluating medications and treatments. All participants will receive a copy of the Arthritis Handbook. Class is given by New Vistas Disability Support & Advocacy on Wednesdays from 1:30 – 3:30 p.m. during the month of December. The meeting location is at Kingston Residence of Santa Fe, located at 2400 Legacy Court. For more information or to register contact Marilyn Bennett at (505) 471-1001 x120 or email [mbennett@newvistas.org](mailto:mbennett@newvistas.org).

### Grandparents Raising Grandchildren Support Groups

According to the U.S. 2010 Census, there are 71,226 children in New Mexico under age 18 who live in a home where the householder is a grandparent or other relative. Statewide, more than 25,000 grandparents are serving as those caregivers, and of this number around 11% are living in poverty. Las Cumbres Community Services offers Grandparents Raising Grandchildren support groups in both their Santa Fe and Española offices.

In Española, meetings are the last Thursday of every month from 5 to 7 p.m. at 404 Hunter Street. For more information, contact (505) 753-4123.

In Santa Fe, support meetings are held the second Thursday of every month from 4:30 to 6:30 p.m. at 3160 Agua Fria Rd. (former site of Agua Fria Elementary School), in the United Way of Santa Fe Early Childhood Center. For more information, contact (505) 955-0410.

# NEWS & VIEWS

12/2015

## Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure, blood glucose, heart rate, oxygen saturation, general health information and immunizations (based on availability). They also have healthcare resource guides and discount prescription cards available to Santa Fe County residents. Their schedule is subject to change. Please check updates online at [www.santafecounty.org](http://www.santafecounty.org) or call (505) 231-2382. All services are free.

### December 2015 Dates, Times, & Locations:

- 1st Edgewood Senior Center 10 am – 2 pm  
Flu Clinic
- 2nd Fort Marcy 10 am – 2 pm
- 3rd Pasiempo Senior Center 10 am – 2 pm
- 4th HPPC Meeting 9 – 11 am  
Genoveva Chavez 11:30 am – 2 pm
- 5th Southside Library 10 am – 3 pm
- 6th Santa Fe Recovery 9 am – 3 pm
- 7th Casa Rufina 10 am – 2 pm
- 8th Ventana de Vida Senior Center 10 am – 2 pm
- 9th Eldorado Senior Center 10 am – 2 pm
- 10th El Rancho Senior Center 10 am – 2 pm
- 11th Solana Center 10 am – 2 pm
- 12th Southside Library 10 am – 3 pm
- 13th Santa Fe Recovery 9 am – 3 pm
- 14th Salvador Perez Pool 10 am – 2 pm
- 15th Rio En Medio 10 am – 1 pm
- 16th Encino Villa 9 – 11 am
- 17th Luisa Senior Center 10 am – 2 pm
- 18th Mary Esther Gonzales Senior Center 10 am – 2 pm
- 19th Southside Library 10 am – 3 pm
- 20th Santa Fe Recovery 9 am – 3 pm
- **21st Van not out - Training**
- 22nd Chimayo Senior Center 10 am – 2 pm
- 23rd Casa Villita 10 am – 2 pm
- 24th Casa Consuelo 10 – 11 am
- **25th Van not out – Christmas Holiday**
- 26th Southside Library 10 am – 3 pm
- 27th Santa Fe Recovery 9 am – 2 pm
- 28th Villa Alegre 10 am – 2 pm
- 29th Pojoaque Senior Center 10 am – 2 pm
- 30th Santa Cruz Senior Center 10 am – 2 pm
- 31st Ventana de Vida Senior Center 9 – 11 am

## Volunteers Needed for Rio Arriba Adult Literacy Program

Looking for a rewarding volunteer opportunity? Become an English-as-a-Second-Language (ESL) tutor with the Rio Arriba Adult Literacy Program (RAALP). You do not need to speak a foreign language to be an ESL tutor. Training, study materials, and on-going support are provided. The next ESL tutor training is Friday, January 8 – Saturday, January 9, 2016 from 9 a.m. to 5 p.m. in Española. Tutors make a volunteer commitment of two hours per week; tutor-student pairs meet at any public place at a time convenient to them. RAALP currently has 25 new English learners from the area on the waiting list. Start off the New Year by making a positive impact for a new English speaker. For more information please call (505) 747-6162 or email [raalp2@gmail.com](mailto:raalp2@gmail.com). You can also visit [www.raalp.org](http://www.raalp.org).

### Flora's Corner "Caring is Always in Season" by anonymous

As the year passes by, we can count on these things: your constant care and kindness and the comfort each brings.

In springtime your caring is as nurturing as rain. Others thrive and flourish with the help that you sustain.

In summer your caring is as warm as the sun, and you brighten the days of each and every one.

In autumn your caring reaps a harvest of cheer. Your abundance of goodness earns respect that's sincere.

In winter your caring is as pure as the snow as you spread smiles and joy wherever you go.

All year your care continues – it never needs a reason. Thank you for proving caring is always in season!

## AT A GLANCE

12/2015



Tons of fun at the Halloween dance at the Eagles! There were many great costumes. The scarecrow won first place for scariest costume. Thank you to all who participated!



Thanksgiving celebrations at the Villa Consuelo and MEG senior centers!



12/2015

# FREE TAX HELP

**Friday, January 29 – Friday, April 15, 2016**

**We will prepare your income taxes for FREE!  
No income limits. First come first served.**

## **Santa Fe Community College Fitness Center**

(6401 Richards Ave)    *\*Closed for Spring Break at SFCC from March 13-19*  
Monday – Friday    8:30 am – 5 pm  
Saturday    9 am – 1 pm

## **Boys & Girls Club of Santa Fe**

(730 Alto Street – between St. Francis and Guadalupe)  
Monday – Friday    9 am – 1 pm

## **Please bring the following information:**

Photo ID

Social Security Cards for parents and children

Health Insurance: proof that you have it or not

W-2 year end wage forms from each job & for each person

If you work for yourself: bring all the income & expenses from your work & any 1099's you receive

Interest, dividends, and stock or CD sales: bring the 1099 forms from the bank

Social Security: bring the year end statement from Social Security

Unemployment: bring the W2-G form from Work Force Solutions

Gambling: bring the 1099 tickets and win/loss report from the casinos

Pensions: bring the 1099-R form you received from the pension payer

Child care, college or vocational training: bring the list of expenses you paid

Medical expenses & Charity donations: bring a list of everything including mileage to doctors

Mortgage interest and property taxes

## **FREE Direct Deposit of Refund**

Bring a blank check to get direct deposit of your refund in 8-10 days with no fees!

**Anyone in Santa Fe with income less than \$24,000 should file for NM  
Low Income and Santa Fe property tax state rebates.**



**CONTACT:** Peter Doniger, District Coordinator  
AARP Tax-Aide in Santa Fe  
Cell: 670-6835 or SFCC: 428-1780  
Email: [taxhelpsantafe@gmail.com](mailto:taxhelpsantafe@gmail.com)

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

12/2015

## COMMUNITY NEEDS



Are you interested in donating some of your time to make a difference in the community? If so, you can become an RSVP volunteer today!

Listed below are current volunteer opportunities. If you are interested, want to learn more and enroll in RSVP, please contact Triston Lovato at (505) 955-4760 or [trlovato@santafenm.gov](mailto:trlovato@santafenm.gov).

### Volunteers Needed for AARP Tax Aide Program

Work as little as one or as many as all 11 half day shifts each week.

**1. Tax Preparer** Work with clients to prepare on the computer their 2015 state and federal tax returns. We e-file all returns and provide clients with a copy. Average time is 22 minutes per client. You are not liable if you make a mistake!

Two to four days of training provided in January either at the AARP office 535 Cerrillos Road or at SFCC for credit by taking Accounting 140.

**2. Greeter** Sign-in the clients and make sure they have all the necessary papers with them. A half-day training is given at AARP office in January.

**3. Back Room Administration** Verify that all returns get processed to IRS; maintain volunteer schedules to make sure there are enough workers. Training given as needed. Call Triston to get started!!

## American Cancer Society "Road to Recovery" Volunteer Drivers Needed

The American Cancer Society "Road to Recovery" program is a free service in which volunteer drivers provide transportation for people with cancer to and from scheduled appointments for medically related cancer care. The program is offered to people with cancer who have no means of transportation and/or who are too ill to drive themselves. Access to transportation is a major factor in cancer treatment, and this American Cancer Society service offers assistance to people who otherwise might not be able to keep their treatment appointments. Call Triston to get included today!

### Driver Qualifications

- \* Volunteers can offer to drive once a month or several times a week.
- \* Drivers must have a valid NM driver's license and proof of insurance
- \* Drivers must have access to a safe, reliable vehicle (larger vehicles to accommodate a potential companion or service animal are welcomed, but are not required)
- \* All drivers must pass the Society's driver risk management review process (background check, insurance verification, driver's license verification, and motor vehicle record check).
- \* Drivers must successfully complete a Road to Recovery volunteer training/ orientation.

## RSVP volunteers born in DECEMBER!

## HAPPY BIRTHDAY!

Gloria Pendlay	12/01
Mary Ann Sanchez	12/01
Gilbert T. Fuentes	12/02
Joseph S. Gonzales	12/02
Cordelia Garcia	12/04
Irene Gentilseco	12/04
Patricia Penn	12/04
Barbara Burress	12/05
Thomas Johnson	12/05
Rex Givens	12/06
Pauline O. Foral	12/07
Laurie McGrath	12/07

Jean W. Marrs	12/09
Al Webster	12/09
Mary Jo Read	12/10
Shanna Maclean	12/11
Mary Margaret Rael	12/11
Christine Lovato	12/13
Connie S. Valencia	12/14
Eric P. Edmunds	12/15
Judi L. Beare	12/16
Flavia Pavia	12/16
Julius Sebastian	12/16
Debra Snyderman	12/16

Lou Miller	12/18
Pina Leffelbein	12/20
John Quintana	12/20
Bill J. Vaughen	12/20
Elaina K Gonzalez	12/25
AJ Melnick	12/25
Dolores A. Mose	12/25
Raymond W. Willison	12/25
Patricia M. Hummer	12/30
Eileen Levy	12/30
Irene Murray	12/30
Virginia Soto	12/31

# ***FGP/SCP** Foster Grandparent / Senior Companion Programs*

12/2015

**Thank you volunteers for offering your time,  
patience and love to those in need!**



## **FOSTER GRANDPARENTS**

**Share Today. Shape Tomorrow.**

Gail Askew  
Joan Baca  
Mary Baca  
Bella Campos  
Anna Chacon  
Maria Carta  
Michele Chrabot  
Grace DeAguero  
Margie Gurule  
Gloria Kennedy  
Tillie Kitchens  
Bella Lucero  
David Lucero  
Prescilla Martinez  
Bernard Nuanez  
Isidra Pacheco  
Juanita Quintana  
Bonnie Rice  
Aurora Rodriguez  
Celia Roman  
Mary Grace Saiz  
Jane Sandoval  
Rosario Torres  
Connie Valencia



## **SENIOR COMPANIONS**

**Make Independence a Reality**

Vicky Archuleta  
Joan Baca  
Robert Burkhalter  
Maria Carta  
Seferino Chavez  
Mela Delgado  
David Dominguez  
Maria Duran  
Frances Gallegos  
Amelia Garcia  
Mary Gonzales  
Ramona Griego  
Geniva Lopez  
Helen Lucero  
Genevieve Maes  
Mary Lou Martinez  
Perfilia Martinez  
Christine Mendoza  
Danna Metzger  
Paul Montano  
Carmen Montoya  
Benerita Morales  
Tommie Ortega  
Katie Ortiz  
Antonia Salazar  
Wesley Sandel  
Bernadette Sandoval  
Mary Sandoval  
JoAnn Sena  
Virginia Soto  
Della Spencer  
Sue Ann Spoonhoward  
Rosina Tapia  
Lydia Trujillo  
Lucille Vigil

### **Now Recruiting for 2016**

Are you ready to get out of the house and make a difference? The Foster Grandparent and Senior Companion Programs are now recruiting senior volunteers for the New Year. Along with receiving the satisfaction of helping others, you may be eligible to receive a modest tax-free stipend, mileage reimbursement, training and other program benefits. If you are interested, please contact Melanie at (505) 955-4761.

### **Program Reminder**

Due to several holidays this month, volunteers are not required to volunteer on the following days:

Friday, December 25, 2015 – Christmas Day  
Friday, January 1, 2016 – New Year's Day

**The Volunteer Programs wish a very  
happy birthday to our FGP and SCP  
Volunteers born in December:**

**happy  
birthday**

Connie Valencia	12/14
Paul Montano	12/17
Rosario Torres	12/25
Virginia Soto	12/31

# ONGOING ACTIVITIES

12/2015

**All activities are open to registered seniors.**

*Most activities are free but some do request a small donation.*

*Schedule is subject to change.*

## Luisa Senior Center 955-4725

Fitness Room	Mon.-Fri.	8 am-1:30 pm
Sing Along (Spanish)	Tuesday	11:45 am
Guitar Lessons	Wednesday	9:00 am
Bingo	Friday	1:00 pm

## Mary Esther Gonzales (MEG) Senior Center 955-4711

Pool - Cards - Billiards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	8:00am-4:30pm
Guitar Class	Monday	9:00 am
EnhanceFitness	Mon, Wed & Fri.	9:30 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Tuesday (FULL)	9:00 am
Nia Technique	1st & 3rd Tues.	3:00 pm
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw Applique	Thursday	9:30 am
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Zumba Gold (low impact)	Tuesday	9:30 am
Oil Painting	2nd & 4th Tues.	1:30 pm

## Pasatiempo Senior Center 955-4725

Fitness Room	Mon.-Fri.	8 am-1:30 pm
Yoga Practice	Mon. & Wed (Full)	8:30 am
Ceramics	Mon.-Fri.	9:00 am
Bridge	Monday	12:30 pm
Line Dance (Advanced)	Tuesday	1:00 pm
Wood/Straw Applique	Wednesday	9:00 am
Sing Along	Wednesday	12:00 pm
Tai Chi	Thursday	9:00 am
Zumba Dance	Tuesday	8:30 am
Zumba Dance	Thursday	10:00 am

## Ventana de Vida Senior Center 955-4711

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm

## Villa Consuelo Senior Center 955-4725

Ceramics	Mon. & Wed.	9:30 am
Bingo	Tues. & Thurs.	11:00 am
Wood/Straw	Wednesday	12:30 pm

## ART

Ventana-Class	Tuesday	1:00 pm
MEG-Oil painting	2nd & 4th Tues.	1:30 pm

## BINGO

MEG Center	Mon. & Wed.	1:00 pm
Villa Consuelo	Tues. & Thurs.	11:00 am
Luisa Center	Friday	1:00 pm

## BRIDGE

Pasatiempo	Monday	12:30 pm
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## CERAMICS

Pasatiempo	Mon. - Fri.	9:00 am
Villa Consuelo	Mon. & Wed.	9:30 am
MEG Center	Wed. & Fri.	9:30 am

## COMPUTER - OPEN USE

MEG	Mon. - Fri.	8 am - 4:30 pm
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## FITNESS EQUIPMENT

MEG Open Use	Mon. - Fri.	7 am - 4:30pm
Pasatiempo Open Use	Mon. - Fri.	8 am - 1:30 pm
Luisa Open Use	Mon. - Fri.	8 am - 1:30 pm

## EXERCISE & MOVEMENT CLASSES

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Line Dance	Tuesday	1:00 pm
Pasatiempo Yoga Practice	Mon. & Wed. (Full)	8:30 am
MEG Enhance Fitness	Mon, Wed & Fri.	9:30 am
MEG Nia Technique	1st & 3rd Tues.	3 - 4 pm
MEG Zumba Gold (low impact)	Tuesday	9:30 am
Ventana Class	M/W/F	9:00 am

## TAI-CHI

MEG (beginner)	Mon. - Thurs.	8:15 am
Pasatiempo	Thursday	9:00 am

## GUITAR CLASS (Beginner)

MEG Center	Monday	9:00 am
Luisa	Wednesday	9:00 am

## JEWELRY MAKING

MEG Center	Tuesday (FULL)	9:00 am
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## SEWING/KNITTING

MEG-Knitting	Friday	2:00 pm
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## SING-ALONG

Luisa - Spanish	Tuesday	11:45 pm
MEG - Spanish	2nd & 4th Fri.	11:30 am
Pasatiempo	Wednesday	12:00 pm

## WOOD/STRAW APPLIQUE

Pasatiempo	Wednesday	9:00 am
Villa Consuelo	Wednesday	12:30 pm
MEG Center	Thursday	9:30 am

**\* NOTE: Please print your name on our activity sheets anytime you participate.**

# UPCOMING ACTIVITIES

12/2015

## Santa Fe County Treasurer's Office Community Outreach Program



The Santa Fe County Treasurer's office will once again be at the Mary Esther Gonzales Senior Center on Friday, December 4 with their Property Tax Outreach

Program. Please mark your calendar and avoid the troublesome trip of going downtown to the County Courthouse. Questions? Call (505) 986-6245.

- Place: MEG Senior Center Board Room
- Date: Friday, December 4, 2015
- Time: 10 a.m. to 1 p.m.

## Monthly Senior Services Committee Meetings

(Posted pursuant to the Open Meetings Act)  
All meetings held at the MEG Senior Center in the upcoming months:

Senior Olympics: 12/16/15 luncheon  
Transportation/Nutrition: 1/12/16 at 9 a.m.  
Advisory Board: 12/16/15 at 9:30 a.m.  
**Travel Committee: No meeting in December**  
SAC Board: 12/17/15 at 10 a.m.

## Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center is as follows:

- December 2 3 p.m.
- December 15 3 p.m.

## Special Spanish Guitar Performance



Join us on Monday, December 7 at the Mary Esther Gonzales Senior Center from 11 a.m. to noon to support our wonderful guitar instructor and all her dedicated students! Sister Jo and her guitar students will present a selection of Christmas Carols for the holidays. Don't miss it!

# AARP

## Driver Safety Program

### AARP Smart Driver Course

Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street. The class is from 1 p.m. to 5 p.m. but please arrive at 12:30 p.m. to check-in and fill out any required paperwork. The instructor, who is a trained volunteer, will go over safety tips for seniors on the road.

Some New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but please check with your insurance company. You must complete the entire four-hour course and be age 50 or over in order to obtain a certificate; it must be renewed every three years if you want to keep the discount.

The fee to cover materials is \$20, but if you are an AARP member the cost is \$15; your AARP card and driver's license must be presented the day of the class.

Also, please be prepared to dress in layers as temperatures fluctuate in the MEG dining room. The number of participants for each class is limited to 30 individuals. To register for an upcoming class please call the AARP information center (located in Albuquerque) at (505) 830-3096. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like.

Classes will be taught by Don Blossom and/or Bob Guillen. Upcoming dates are:

- No class in December
- Tuesday, January 12, 2016
- Tuesday, February 9, 2016

# UPCOMING ACTIVITIES

12/2015

## Free Hair Cuts at MEG & Pasatiempo



Our volunteer Fabiola, a licensed beautician, will provide free senior haircuts (on a first come, first serve basis - 20 haircuts per day). The haircut sign-in sheet at MEG will be available in the reception area at 9 a.m. Upcoming haircut

days are as follows at 10 a.m.:

- Wednesday, December 2 MEG
- Wednesday, December 9 MEG
- Wednesday, December 16 Pasatiempo

## Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

All tests are free and open to anyone age 60 or older. Following the tests is a brief, free medical consultation based on test results. Tests are conducted by Lupe Gonzales, LPN on the following dates in December:

Luisa	Thursday, 12/3	11 a.m. – noon
Pasatiempo	Friday, 12/4	11 a.m. – noon
Ventana de Vida	Thursday, 12/10	11 a.m. – noon
MEG	Friday, 12/18	11 a.m. – noon
Villa Consuelo	Tuesday, 12/22	10 – 11 a.m.

## Legal Workshop / Legal Clinics

The Legal Resources for the Elderly Program (LREP) has scheduled a Legal Workshop on Thursday, January 14, 2016 at the Mary Esther Gonzales Senior Center. The group presentation will take place from 10 to 11:15 a.m. The legal clinics (individual appointments) will be held from noon to 2 p.m. For an individual appointment please call LREP at 1-800-876-6657.

## Annual Christmas Dinner and Mariachi Music



Please join us at any of our five senior centers on Wednesday, December 16, 2015 between 11 a.m. and 12:30 p.m. for our annual Senior Services Christmas Dinner. We will serve roast beef with gravy,

mashed potatoes, tossed salad, vegetables, a whole wheat roll and cherry cobbler. As an added bonus, Mariachi Azteca will perform during the Christmas Dinner at the Mary Esther Gonzales Senior Center. Come enjoy a delicious meal and get into the holiday spirit!



## Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Senior Center on Monday, December 28 and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes; they can be reached at (505) 471-2777.

## Snowball Dance

Join us for the Snowball Dance on Thursday, December 17, 2015 from 1 to 4 p.m. at the Fraternal Order of the Eagles (833 Early Street). There will be live music by Camino Oscuro. The dance is sponsored by the Villa Consuelo Senior Center. Admission will be \$2 and please bring your senior membership card. Refreshments will be served. Hope to see you there!



# UPCOMING ACTIVITIES

12/2015

## Movie Day at the MEG Senior Center Tuesday, December 22, 2015 at 1 p.m.

### "The Age of Adaline"

(2015 • PG-13 • 1h 52m)



Adaline Bowman (Blake Lively) has miraculously remained a youthful 29 years of age for nearly eight decades, never allowing herself to get close to anyone lest they discover her secret. However, a chance encounter with a charismatic

philanthropist named Ellis Jones (Michiel Huisman) reawakens Adaline's long-suppressed passion for life and romance. When a weekend with Ellis' parents threatens to expose the truth, Adaline makes a decision that changes her life forever.

## Reminder to Be a Santa to a Senior



The "Be a Santa to a Senior" program has attracted thousands of volunteers who distribute gifts to deserving seniors each year, and

since its beginning the program has given 1.2 million gifts to more than 700,000 seniors around the country! The City of Santa Fe Division of Senior Services has partnered with Home Instead Senior Care and Santa Fe Care Center to identify seniors who might not otherwise receive gifts this holiday season. Each senior's gift request is written on a "Be a Santa to a Senior" tree ornament. Trees are located at the Christus St. Vincent Regional Medical Center, both Santa Fe Wal-Mart locations and the Santa Fe Place Mall and will be up until Wednesday, December 16, 2015.

## Join us for the "Be a Santa to a Senior" Gift Wrapping Event

Join Senior Services and Home Instead staff and volunteers on Thursday, December 17 as they wrap all gifts donated in the "Be a Santa to a Senior" program. The gift wrapping event will be at the Mary Esther Gonzales Senior Center dining room beginning at 1 p.m. Join us!

## Senior Olympic Spotlight

### Kick-Off Registration for Local Games

will be at the Mary Esther Gonzales Senior Center on Monday, January 11, 2016 from 9 a.m. – noon. We welcome new faces and hope to see you there. Please join us!

**Local games Registration** will be Monday, January 11 – Friday, February 26, 2016. Registration fee is \$20.

**Late Registration** will be Monday, February 29 – Friday, March 4, 2016. The late registration fee is \$30.

No credit/debit cards accepted.  
Checks are preferred.

We welcome new faces!  
Happy Holidays!  
Until next month,  
Cristina Villa



# HEALTH & SAFETY

12/2015

## Introducing the New Mexico Medical Orders for Scope of Treatment

*NM MOST: Providing clarity to healthcare wishes for patients who are seriously ill or have a life-limiting illness.*

### What is it, and is it right for me or my loved one?

By Jan Jahner, RN-BC, CHPN, IP Palliative Care Coordinator,  
Christus St. Vincent Regional Medical Center

The New Mexico Medical Orders for Scope of Treatment “NM MOST” is part of the National POLST Paradigm (POLST.org). It is an approach to end-of-life planning based on conversations between patients, their loved ones, and healthcare professionals. It is designed to ensure that seriously ill or frail patients can choose the treatments they want or do not want, and that their wishes are documented and honored.

MOST encourages a detailed conversation between you, the healthcare provider, and your patients who are seriously ill. This conversation is then converted into an actionable medical order that represents the patient’s wishes regarding their healthcare.

**The NM MOST is based on a patient’s current state of health and is transferable between care settings.**

- ✓ When a patient has a serious or life-limiting illness the NM MOST has proven to be very effective at ensuring that their healthcare wishes are honored. It translates care preferences into a set of medical orders that can be understood and honored across all care settings.
- ✓ The NM MOST is not for everyone. It is for those patients that are seriously ill, very frail, or have a limited life expectancy.
- ✓ The document is completed during the course of a conversation with a healthcare professional and is signed by a physician.
- ✓ The NM MOST is a bright green form and travels with the patient to any setting where they receive healthcare.
- ✓ The NM MOST is an advance directive. If there is a conflict between an earlier directive and the NM MOST, the latest choices made by the patient shall control. A patient may change their directive at any time.
- ✓ The back of the NM MOST can be used to assign a healthcare decision maker.

[nmmost.org](http://nmmost.org)

The pre-hospital medical order is consistent with the patient's wishes and should be controlled by the same person as a POLST order based on patient's hospitalization. The New Mexico MOST is an advance directive or healthcare decision and must be honored in accordance with state law (NMMSA 1979-24-2-1 or 2-2.1). If there is a conflict between this directive and an earlier directive, the most current directive made by the patient or the Healthcare Decision Maker shall control.

### New Mexico Medical Orders For Scope of Treatment (MOST)

Fill in below these orders, then connect the physician, APRN, or PA. These medical orders are based on the patient's current medical condition and preferences. Any orders not completed shall not constitute the form.

Last Name/First/Initial Initial	
Address	
City/State/Zip	
Date of Birth (month/day/year)	

#### A EMERGENCY RESPONSE SECTION: Patient has no pulse or is not breathing.

☐ Attempt Resuscitation/CPB ☐ Do Not Attempt Resuscitation/DNR

When not in Cardiopulmonary arrest, follow orders in B, C and D.

#### B MEDICAL INTERVENTIONS: Patient has a pulse

☐ Comfort Measures: Do not transfer to hospital unless comfort needs cannot be met in current location. Use medications by any route, positioning, wound care and other measures to relieve pain and suffering. Use oxygen, suction and manual treatment of airway obstruction as needed for comfort.

☐ Limited Additional Interventions: May include care as described above. Use medical treatment, IV fluids and cardiac monitor as indicated. Do not use intubation, advanced airway interventions, or mechanical ventilation. Transfer to hospital if indicated. Avoid Intensive Care.

☐ All Indicated Interventions: May include care as described above. Use intubation, advanced airway interventions, mechanical ventilation, and cardiopulmonary as indicated. Transfer to hospital if indicated. Intensive Intensive Care.

Additional Orders:

#### C ARTIFICIALLY ADMINISTERED HYDRATION / NUTRITION:

(Always offer food and liquids by mouth if feasible and desired.)

☐ No artificial nutrition ☐ No artificial hydration

☐ Oral fluid and/or artificial nutrition ☐ Oral fluid and/or artificial hydration

Goal of the trial:

☐ Long term artificial nutrition/hydration

#### D Discontinue with:

☐ Patient ☐ Healthcare Decision Maker ☐ Patient of Minor ☐ Court Appointed Guardian ☐ Other ☐ Interpreter used

Signature of Physician: My signature below indicates to the best of my knowledge that these orders are consistent with the patient's medical condition and preferences.

Physician Name (printed): Physician Photo (attach): Date:

Physician Signature (attach): Physician License #:

Signature of Patient or Healthcare Decision Maker: By signing this form, I declare I have had a conversation with the healthcare provider. I direct the healthcare provider and others involved in care to provide healthcare as described in this directive.

Signature (attach): Name (print): Date:

Address: Phone: Relationship to the Patient:

HEHSA PERMITS DISCLOSURE OF THIS INFORMATION TO OTHER HEALTHCARE PROFESSIONALS AS NECESSARY

January 2014

### DESIGNATION OF HEALTHCARE DECISION MAKER

(This designation can be completed only by a patient with decisional capacity)

The Designation of Healthcare Decision Maker is an advance healthcare directive and must be honored in accordance with state law (NMMSA 1979-24-2-1 or 2-2.1). If there is a conflict between this directive and an earlier directive, the most current directive made by the patient shall control.

If I have capacity and I lack capacity and there are medical decisions that need to be made that are beyond the individual instructions set forth in this MOST, I designate the following individual as my agent to make healthcare decisions for me:

Name:

Address:

Telephone Number:

Signature of Patient: Date:

If my agent listed above is not willing, able or available to make healthcare decisions for me, I designate the following individual as my alternate agent for the purposes of making healthcare decisions for me:

Name:

Address:

Telephone Number:

Signature of Patient: Date:

SEND FORM WITH RECORDS WHENEVER TRANSFERRED OR DISCHARGED

#### Directions for Healthcare Professionals

##### Completing MOST

- MUST be completed by healthcare professional based on patient preferences and medical indications.
- Changes of Medical Interventions and Cardiopulmonary Resuscitation must be clearly aligned. Example: "Comfort Care" and "Attempt Resuscitation" are contradictory choices.
- MOST must be signed by a physician and the patient/decision maker to be valid. Verbal orders are acceptable with follow-up signature by the physician in accordance with facility/agency policy.
- Use of the original form is strongly encouraged. Photocopies and faxes of signed MOST forms are legal and valid.

##### Using MOST

- A person with capacity, or the Healthcare Decision Maker of a person without capacity, can request alteration or treatment.

##### Revising MOST

- It is recommended that the MOST be reviewed periodically. Review is recommended when:
- The patient is transferred from one setting to another level of care.
- There is a substantial change in the patient's health status, or
- The patient's treatment preferences change.

January 2014

# HEALTH & SAFETY

12/2015



## Talking about MOST

OK, you'd like to talk to your parent or loved one about their end of life wishes should serious illness take hold or current health deteriorate significantly.

Most folks want to have conversations; they just aren't sure where to start, and how to talk about what's most important. Below is a tool to help you think through values and feelings related to illness, disease progression and dying. As the questions progress, you'll notice that we build toward the completion of an advanced directive. Make sure you've plenty of time that you and your loved one are comfortable. You might start the conversation by saying that honoring your loved ones wishes should their healthcare situation change is of great importance to you. I use this particular order as I talk about things as often as I can because it seems to me that you can't talk about completion of an advanced directive before a review of values, understanding, sources of support and fears.

1. What do you understand about your various health care problems?
2. Can you tell me about the symptoms you experience, and how have these symptoms/challenges affect your life?
3. Given these challenges, what is most important to you to live well at this time of your life?
4. When things begin to change, what will become especially meaningful to you?
5. Can you tell me about your sources of strength? Or "What sustains you when your symptoms worsen just a bit?" (or, when your symptoms exacerbate)
6. When you think about your illness progressing, are there some worries, or fears?
7. Can you tell me a little about your last hospitalization, or, what past experiences have you had as you consider choices for future medical care?
8. If time becomes short for you, do you have specific thoughts on where you want to be, what is most, most important?
9. What have you shared with your \_\_\_\_\_ (family) about these thoughts and feelings? Do you think they understand your wishes?
10. Would now be the time to put things in writing so that if things become stressful we are sure to get it right for you?

We know that health conditions sometimes change very rapidly. Family members can quickly become overwhelmed if they are asked to make medical decisions for others, particularly if nothing has been written down. While everyone over the age of 18 should have an advanced directive naming who would make decisions for them if they were unable to do so in a medical crisis, the MOST form has specific instructions in the setting of serious illness. It's not for everybody because it addresses CPR (cardio pulmonary resuscitation) and being on a breathing machine (intubation).

These discussions need to be *reviewed with your physician* and an actual order written if you do not want CPR or intubation. Most advanced directives do not provide an opportunity to limit interventions such as CPR as *not* undergoing this intervention requires a physician's order. EMTs throughout the USA are required to initiate CPR unless a DO NOT RESUSCITATE order has been completed and is presented.

MOST (Medical Orders for Scope of Treatment) is relatively new in Northern New Mexico, and physician training is occurring throughout 2015 and 2016. Many, but not all physician practices have the form, but you can pick up your form to go with you to your physician's appointment if you feel it is right for you from CHRISTUS St. Vincent Regional Medical Center. Contact Jan Jahner, In-Patient Palliative Care Coordinator, or one of the palliative staff at (505)913-6525 for more information.

# HEALTH & SAFETY

12/2015

These exercises are designed to help you **build strength, improve balance, and increase flexibility**. In addition to at least 30 minutes of moderate-intensity physical activity, include these exercises in your daily program.

Begin your exercise session by taking **5 deep breaths** – in through your nose and out through your mouth. It is important to keep breathing deeply throughout the exercise session.

## 1 Toe Raises



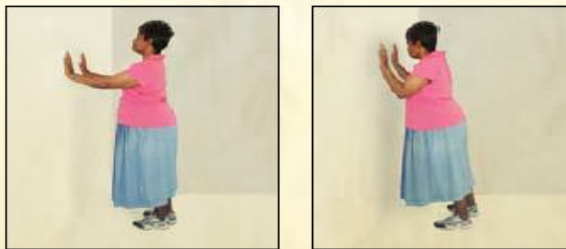
- Stand behind chair, holding its back with both hands
- Lift straight up, rising onto toes
- Hold this position for 5 seconds
- Lower to a resting position, with heels on the floor
- Repeat 10 times

## 2 Side Leg Raises



- Stand behind chair, holding its back with one hand
- Keeping back and both legs straight, slowly lift right leg 6-10 inches out to the side
- Hold right leg out for 10 seconds
- Repeat 5 times
- Repeat with left leg

## 3 Wall Push-Ups



- Stand facing the wall with arms extended and palms flat on the wall
- Keeping body straight, lean towards the wall bringing face close to wall
- Push against the wall to return to a straight, standing position
- Repeat 10 times

## 4 Abdominal Crunches



- Sit up straight in chair, with arms crossed over chest
- Lean forward until crossed arms make contact with, or are as close to possible to, thighs
- Return to a straight, seated position
- Repeat 10 times

# PUZZLE

12/2015

## PUZZLE 21

### ACROSS

1. Fling
5. Opposite
10. Paper quantity
14. Give off
15. Battery terminal
16. Killer whale
17. Theme song of Vincent Lopez
18. Royal
19. Abide
20. Entrance
21. "You \_\_\_\_ Star"
23. Small boys
25. Senator Kefauver
26. Pertaining to sodium

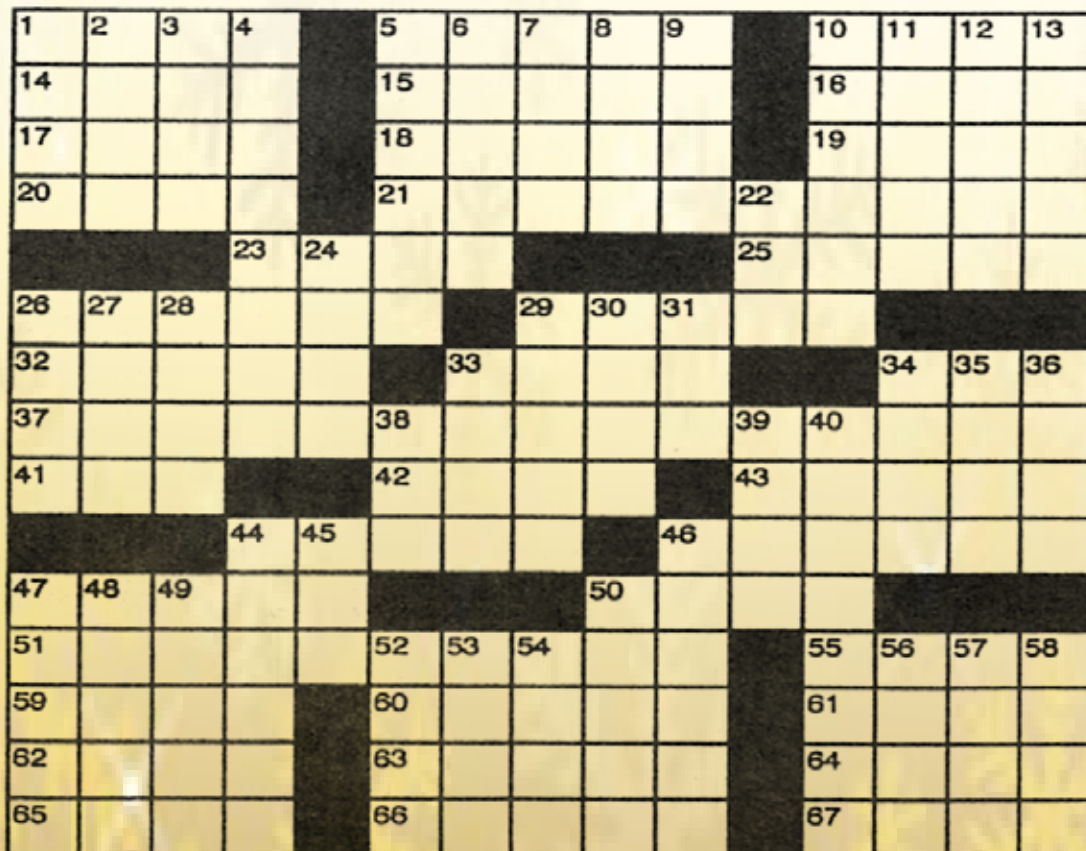
29. Worth
32. Spy
33. Gossip columnist Barrett
34. Belgian resort
37. Gene Kelly film
41. Very warm
42. General Robert \_\_\_\_
43. Lease again
44. Music or metal
46. Penetrates
47. Playing marble
50. Egyptian queen, for short
51. "All I Do Is \_\_\_\_"

55. Stone
59. Move swiftly
60. Listened to
61. Government investigator
62. Mrs. Ernie Kovacs
63. Brawl
64. Roof overhang
65. Hollow grass
66. Winter vehicles
67. Sketched

### DOWN

1. Take care of
2. Melville novel
3. Farm structure
4. Commencing
5. Memorial Day event
6. Unique people

7. Theater box
8. Eden dweller
9. Depend confidently
10. Hearty
11. Build
12. "Bake me \_\_\_\_ as fast ..."
13. Pickford and Carver
22. Flower necklace
24. Against: pref.
26. Belt
27. Exchange premium
28. Period of fasting
29. French impressionist
30. \_\_\_\_ en point
31. College cheer
33. Annoy
34. Auction
35. Dock
36. Army insects
38. Formerly named
39. Irish river
40. Answered
44. Said
45. \_\_\_\_ and haw
46. Slips away from
47. European viper
48. Class
49. High nest
50. Removed an apple's center
52. Units of resistance
53. Touch
54. Ivy League school
56. Poet Khayyam
57. Grotto
58. Recognized



Bedimpled Shirley Temple cornered the market on cute in the 1930s, but Walt Disney was on his way to becoming the king of animated kid-friendly flicks. He took the first steps in 1937 with the animated film that's highlighted in the informative paragraph below.

Solution on page 143

- |  |                                      |  |
|--|--------------------------------------|--|
| <input type="checkbox"/> WALT            | <input type="checkbox"/> SIGNIFICANT | <input type="checkbox"/> REGULAR-      |
| <input type="checkbox"/> DISNEY'S        | <input type="checkbox"/> SCREEN      | <input type="checkbox"/> SIZED Oscar   |
| <input type="checkbox"/> CLASSIC,        | <input type="checkbox"/> INNOVATION. | <input type="checkbox"/> AND SEVEN     |
| <input type="checkbox"/> "SNOW           | <input type="checkbox"/> DISNEY WAS  | <input type="checkbox"/> SMALLER-sized |
| <input type="checkbox"/> WHITE and       | <input type="checkbox"/> PRESENTED   | <input type="checkbox"/> OSCARS by     |
| <input type="checkbox"/> THE SEVEN       | <input type="checkbox"/> WITH        | <input type="checkbox"/> SHIRLEY       |
| <input type="checkbox"/> DWARFS" (1937), | <input type="checkbox"/> ONE         | <input type="checkbox"/> TEMPLE.       |

- ☐ WAS THE
- ☐ FIRST
- ☐ FULL-LENGTH
- ☐ ANIMATED
- ☐ FEATURE film
- ☐ EVER. In (1939)
- ☐ THE FILM
- ☐ RECEIVED
- ☐ A SPECIAL
- ☐ ACADEMY
- ☐ AWARD in
- ☐ RECOGNITION

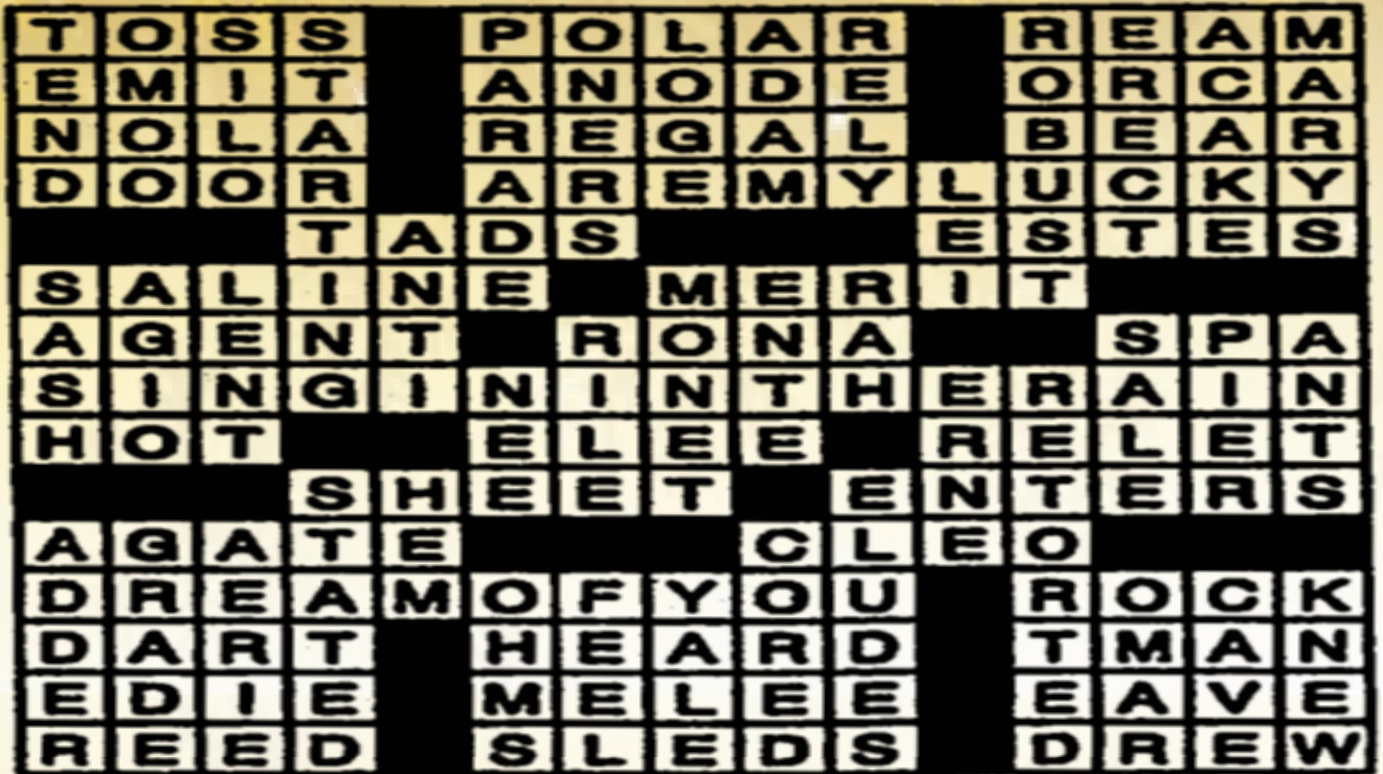
F S F R A W D R A W A E Y I G  
 U D E S D D D W A S T H E S Y  
 Z E A Y M E D A C A N S L A N  
 C T T E T V T Z H E V E R O T  
 Y N U N O I T A V O N N I I C  
 M E R S A E W E M O S T H I F  
 L S E I L C S I H I I C S N E  
 W E A D Y E I I T N N S A T M  
 A R H W H R R F G H A A I R N  
 L P D T Y E V O I L E H F E S  
 T E M P L E C S C N W F E G N  
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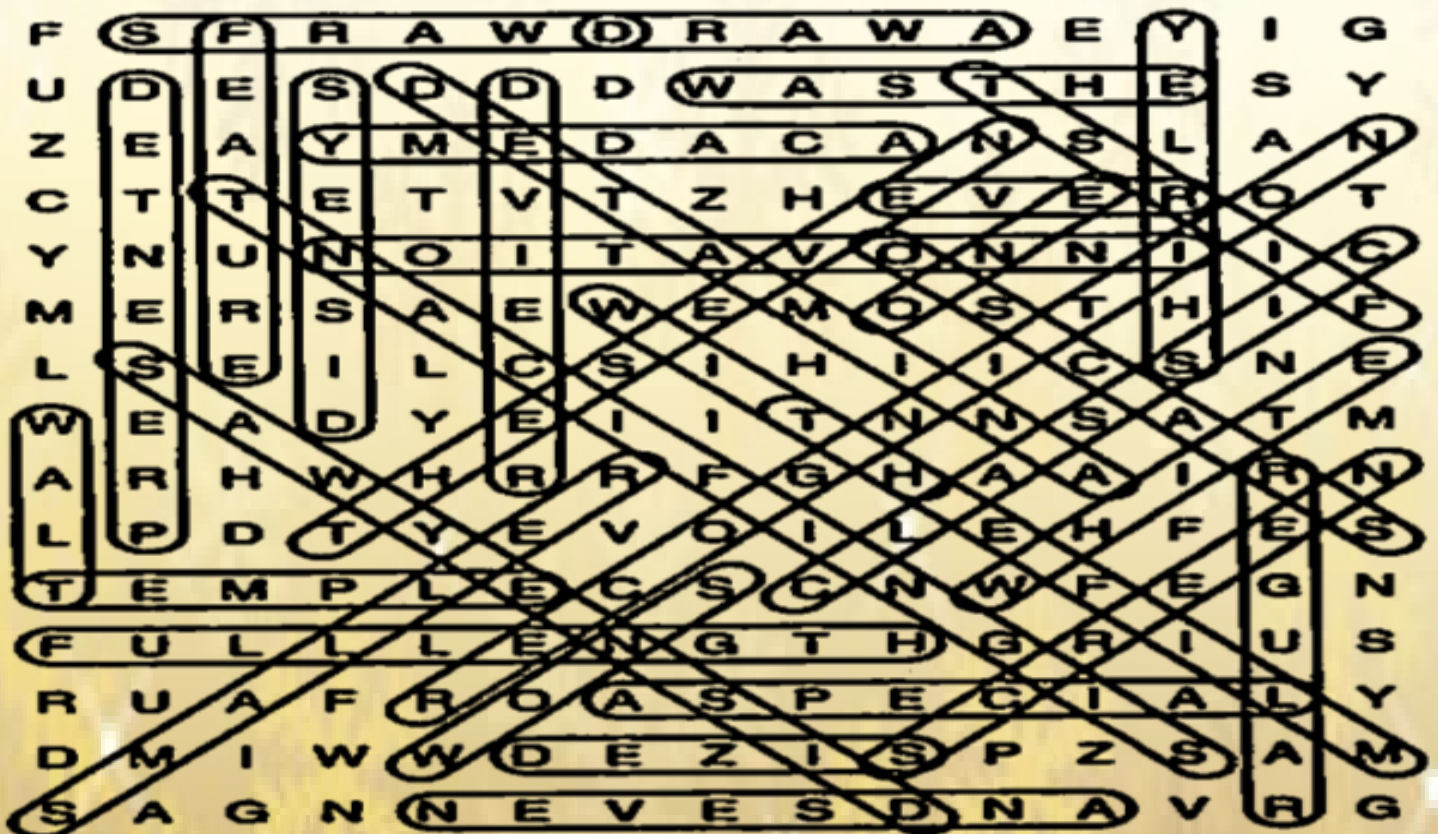
# PUZZLE ANSWERS

12/2015

## PUZZLE 21



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## **BREAKFAST MENU**

12/2015

Breakfast is served Monday – Friday, 7:30-8:30 a.m. at MEG, Luisa, Pasatiempo and Ventana de Vida senior centers. There is a suggested donation of \$1 for seniors 60 and over, and a \$5.42 fee for non-seniors (59 years of age or younger).

Please print your name on our meal sheets when eating at any of the centers.

**\*Note:** Milk is served with every meal.

1st	French toast, maple syrup, scrambled egg, sausage, tomato juice
2nd	Grilled ham, salsa, peppers, small roll, margarine
3rd	Scrambled egg, cheese, red chile, potatoes, margarine
4th	Sausage, salsa, hash browns, small roll, margarine
7th	Scrambled egg, cheese, grilled peppers, hash browns, bacon
8th	Sausage, cheese, green chile, potatoes, margarine
9th	French toast, maple syrup, scrambled egg, sausage, tomato juice
10th	Diced ham, cheese, peppers, small roll, margarine
11th	Pancakes, maple syrup, scrambled egg, bacon, tomato juice
14th	Grilled ham, cheese, red chile, small roll, margarine
15th	Breakfast burrito – scrambled egg, cheese, salsa, tortilla, bacon
16th	Waffles, maple syrup, sausage, tomato juice
17th	Scrambled egg, salsa, hash browns, small roll, jelly
18th	Ham & cheese biscuit, salsa, margarine
21st	Boiled eggs, salsa, small roll, margarine
22nd	Sausage, cheese, red chile, small roll, margarine
23rd	Breakfast burrito – scrambled egg, cheese, green chile, tortilla, bacon
24th	Ham & cheese biscuit, jelly, tomato juice
<b>25th</b>	<b>ALL CENTERS CLOSED IN OBSERVANCE OF CHRISTMAS DAY HOLIDAY</b>
28th	Breakfast burrito – scrambled egg, cheese, red chile, tortilla, bacon
29th	Hot oatmeal, peanut butter, margarine, tomato juice
30th	Pancakes, maple syrup, scrambled egg, bacon, tomato juice
31st	Cold cereal, small roll, peanut butter, jelly, tomato juice



## **Nutrition Education – Eat Smart, Live Strong Part 2**

(Source: USDA SNAP-Ed Connection)

**Use the tips below and circle the steps you will take to eat more fruits & vegetables and be more physically active. Turn to the Health & Safety section for exercises to try.**

### **Fruits & Vegetables**

1. Shop with a friend or neighbor.
2. Talk with your health care provider.
3. Buy fruits and vegetables that don't require cutting or chopping.
4. Buy frozen or canned fruits and vegetables.
5. Be sure that each meal has at least one fruit or vegetable.
6. Cook vegetables longer so they are softer and easier to eat.
7. Make an appointment to see your dentist.

### **Physical Activity**

1. Find an exercise buddy.
2. Park the car farther from the store or office.
3. Dance around the house!
4. Invest in a good pair of supportive shoes.
5. Talk with my health care provider.
6. Call the community center or senior center to ask about classes.
7. Sign up for a low-cost exercise class.
8. Step up your pace when walking somewhere.

# SENIOR CENTER LUNCH MENU DECEMBER 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>JOIN US FOR OUR ANNUAL CHRISTMAS DINNER ON 12/16!</b></p> <p>*All meals served with milk*</p>	<p><b>1</b></p> <p>Beef brisket Pinto beans Coleslaw Garlic Toast Apple Crisp</p>	<p><b>2</b></p> <p>Turkey dinner w/ gravy Bread stuffing Steamed green beans Potluck roll w/butter Cranberry salad Pumpkin pie</p>	<p><b>3</b></p> <p>Green chile cheese hamburger w/ garnish Ranch beans Onion rings Chilled applesauce</p>	<p><b>4</b></p> <p>Grilled pork chop Mashed potatoes Steamed peas Baked biscuit Cherry cobbler</p>
<p><b>7</b></p> <p>Beef tips &amp; rice Steamed broccoli Green salad Whole wheat roll w/butter Chilled pears</p>	<p><b>8</b></p> <p>Roasted pork roast Mashed potatoes w/gravy Steamed asparagus Whole wheat roll w/butter Apple sauce</p>	<p><b>9</b></p> <p>Baked chicken over garlic noodles Green peas &amp; carrots Cornbread w/butter Fruit salad</p>	<p><b>10</b></p> <p>Pork tamale Vegetable salad Pinto beans Flour tortilla (1) Mandarin oranges</p>	<p><b>11</b></p> <p>BBQ beef sandwich Pasta salad Steamed green beans Peanut butter cookie</p>
<p><b>14</b></p> <p>Hamburger steak Mashed potatoes w/gravy Steamed green beans Biscuit w/margarine Fruit salad w/cottage cheese</p>	<p><b>15</b></p> <p>Baked chicken thighs Rice pilaf Steamed broccoli Whole wheat roll w/margarine Cherry cobbler w/vanilla ice cream</p>	<p><b>CHRISTMAS DINNER 16</b></p> <p>Roast beef w/ gravy Mashed potatoes Tossed salad California veggies Whole wheat roll Cherry cobbler</p>	<p><b>17</b></p> <p>Sweet &amp; sour pork w/veggies Steamed white rice Whole wheat roll w/margarine Mandarin oranges</p>	<p><b>18</b></p> <p>Green chile chicken enchiladas Pinto beans Calabacitas Spinach salad w/crackers Jell-O w/mixed fruit</p>
<p><b>21</b></p> <p>Open face hot turkey sandwich Mashed potatoes w/gravy Buttered peas &amp; carrots Tapioca pudding</p>	<p><b>22</b></p> <p>Round steak w/mushroom gravy Steamed broccoli Baked potato Whole wheat roll Banana pudding</p>	<p><b>23</b></p> <p>Tuna w/macaroni Tossed salad w/dressing Saltine crackers Chilled peaches</p>	<p><b>24</b></p> <p>Red chile burrito supreme Spanish rice Green salad w/dressing Chilled apricots</p>	<p><b>25</b></p> <p><b>ALL CENTERS CLOSED FOR THE CHRISTMAS HOLIDAY</b></p>
<p><b>28</b></p> <p>Chicken fettucini w/alfredo sauce Buttered peas &amp; carrots Garlic bread Chilled pears</p>	<p><b>29</b></p> <p>Meatloaf w/gravy topping Scalloped potatoes Green beans Whole wheat roll w/margarine Strawberry shortcake</p>	<p><b>30</b></p> <p>Baked fish fillet w/tartar sauce German coleslaw Mixed veggies Hushpuppies Banana pudding</p>	<p><b>31</b></p> <p>Chicken provencal w/veggie topping Steamed white rice Buttered spinach Whole wheat roll w/margarine Tropical fruit</p>	<p><b>JAN 1</b></p> <p><b>ALL CENTERS CLOSED FOR THE NEW YEAR'S DAY HOLIDAY</b></p>

Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50

Non-Senior (59 years of age or younger) Mandatory Meal Fee: Breakfast \$5.42 and Lunch \$5.42

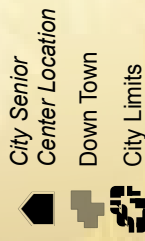
Lunch is Served at: MEG, Luisa, Ventana de Vida, Villa Consuelo & Pasatiempo Centers  
11:00am -- 12:30pm Monday through Friday

Please print your name on our meal sheets when eating at any of the centers.

City of Santa Fe

# Senior Center Locations

## Legend



**Mary Esther Gonzales (MEG)**  
**(505) 955-4721**  
**1121 Alto Street**

**Pasatiempo**  
**(505) 955-6433**  
**664 Alta Vista Street**

**Ventana de Vida**  
**(505) 955-6731**  
**1500 Pacheco Street**

**Luisa**  
**(505) 955-4717**  
**1500 Luisa Street**  
**(entrance on Columbia St)**

**Villa Consuelo**  
**(505) 474-5431**  
**1200 Camino Consuelo**

